



Staying safe with daily activities

There are simple things you can consider doing to lower your risk of exposure. This will help you stay safe as you start to do more activities outside your home.

mygov.scot/shielding

<p>Up to 8 people from 2 other households indoors</p> <p>Up to 15 people from 4 other households outdoors</p> <p>Stay safe by...</p> <ul style="list-style-type: none"> staying outdoors as much as you can bringing your own food, plates and cutlery if eating together not eating from the same bowl as others 	 <p>Seeing friends and family</p> <ul style="list-style-type: none"> avoiding touching the same surfaces as others opening the windows if meeting inside meeting people from no more than 4 other households in a single day 	<p>Can go into shops, pharmacies and indoor markets</p> <p>Take a face covering unless you are exempt</p> <p>Stay safe by...</p> <ul style="list-style-type: none"> avoiding queues by choosing quieter times putting on your face covering before picking up a trolley or basket considering using contactless payment 	 <p>Going shopping</p> <ul style="list-style-type: none"> reducing the number of trips with one big shop wiping trolley and basket handles before use using self-scan or self-checkout, so it's only you touching your items
<p>Can go to restaurants, cafes, bars and pubs</p> <p>You may be asked to provide contact details to support Test and Protect</p> <p>Stay safe by...</p> <ul style="list-style-type: none"> choosing quieter times or sitting in quiet areas staying outside if you can and sitting in an outdoor seating area avoiding going into 1 metre zones 	 <p>Eating and drinking</p> <ul style="list-style-type: none"> sitting facing away from people outwith your group washing your hands or using a hand sanitiser before and after eating considering using contactless payment 	<p>Can visit museums, libraries, cinemas etc.</p> <p>Can attend hairdressers and barbers</p> <p>Stay safe by...</p> <ul style="list-style-type: none"> avoiding queuing by booking in advance if you can choosing times that are more likely to be quiet avoiding going into 1 metre zones 	 <p>Leisure venues</p> <ul style="list-style-type: none"> avoiding touching hard surfaces and use a hand sanitiser if you do choosing businesses with enhanced hygiene measures
<p>Can use public transport including taxis</p> <p>Take a face covering unless you are exempt</p> <p>Stay safe by...</p> <ul style="list-style-type: none"> booking tickets in advance if you can choosing times that are more likely to be quiet putting on your face covering before you get on 	 <p>Public transport</p> <ul style="list-style-type: none"> avoiding touching hard surfaces and using a hand sanitiser if you do sitting near an open window if you can washing your hands or using a hand sanitiser as soon as you get off 	<p>Do not go outside if you have any of the coronavirus symptoms</p> <p>Call 111 and book a test</p> <p>Stay safe by...</p> <ul style="list-style-type: none"> trying to avoid touching your face washing or disposing of your face covering after using taking a bag to put used tissues into 	 <p>General hygiene</p> <ul style="list-style-type: none"> taking a hand sanitiser and using it regularly avoiding anyone with symptoms

Remember
FACTS
for a safer Scotland



Face coverings



Avoid crowded places



Clean your hands regularly



Two metre distance



Self isolate and book a test if you have symptoms